7. Refrigerate food in a container that is no more than 4 inches deep.

8. Whenever possible, cook food in small quantities or on demand.

9. Clean and sanitize equipment and utensils before you start to cook, and whenever they become dirty and need to be used again.

10. Keep disposable plates and utensils in a clean, dry area where they won't get dirty.

11. Clean facilities will not attract as many flies.

12. Avoid "cross contamination." Cross contamination happens when a clean product comes in contact with an unclean product.

For example, cross contamination can happen when a cutting board is used to cut a cooked product and then is used to cut a raw product without washing the cutting board first. Also, knives and other utensils can be vehicles for cross contamination.

Equipment for *Food Safety*

1. Provide a place to wash hands, with clean water, soap and paper towels.

2. Wash, rinse and sanitize utensils and equipment.

3. Provide a refrigerator or ice chests to insure potentially hazardous foods can be stored at 45°F or below.

4. Provide sneeze guards at self-service type food displays.

5. Hot foods must be kept above 130°F. Insulated containers may be necessary.

D H E C

PROMOTE PROTECT PROSPER

South Carolina Department of Health and Environmental Control

CR-005447   MAC   7/03

Food Safety

for

Occasional Caterers

Facts

1. Bacteria and germs are present in most food. Some bacteria can make people sick.

2. Bacteria can multiply in as little as 15 minutes.

3. Bacteria in large amounts can cause foodborne illness.

4. Bacteria gets into food when dirty hands, dirty cooking tools, or dirty surfaces touch the food.

5. Bacteria that can make people sick grow quickly in milk or milk products, eggs, meat, poultry, fish, shellfish, cut melons, refried beans, rice, and baked potatoes. (These foods are called "potentially hazardous.")

True or False

1. Cooking will destroy all bacteria.

   FALSE! Some bacteria form shells that protect them from heat. Some bacteria also produce a poison that is not destroyed by cooking.

2. You can thaw food safely at room temperature.

   FALSE! The outside of frozen food defrosts first. Bacteria start growing right away, even if the inside of the food is still frozen.

3. Cool hot food before putting it in the fridge.

   FALSE! Bacteria cause foodborne illness, not cold air. The faster a product cools, the better.

How to Practice Food Safety

1. Use clean utensils to handle food.

2. Make sure your hands are clean if you have to touch food. Wash hands with soap and hot water.

3. When cooking outdoors, first prepare food indoors, before bringing it outside.

4. Cook foods to their correct minimum internal temperature. Measure temperature with a metal stem probe thermometer.

FOOD	Minimum Internal Temperature, Fahrenheit
Poultry	165°
Pork	155°
Fish	145°
Ground Beef	155°
Eggs	145°
All other meats	145°

5. Store hot foods at 130° F or above.

6. Store cold foods at 45° F or below.